

# **MENTAL HEALTH AWARENESS NIGHT FOR PARENTS & THE COMMUNITY**



The Peter and Elizabeth C. **TOWER** Foundation



## **Monday , April 13, 2015**

Waterfront Elementary School  
95 Fourth Street, Buffalo 14202  
6:00 pm — 8:30 pm

**It is important to know what each of us can do to help maintain good mental health and help those around us.**

### **THE PROGRAM INCLUDES:**

- **Mental health information for children and adolescents including signs and symptoms and how to help yourself and others.**
- **A one act play “According to Josh” featuring Josh Rivedal.**
- **Community resources**
- **Refreshments and Door Prizes!!!**

